

Lantern Asparagus

Dr. Emily Ruth Rutter

2 Bunches
1 Pint
2 Tablespoons
2 Tablespoons
1/2 Cup
1 Teaspoon

Asparagus
Shiitake mushrooms
Sesame oil
Butter
Soy sauce
Black pepper



Photo by Stephanie Studer on Unsplash

Description: Bundle of asparagus sits in bowl on right side, cut off by picture. The bowl is on a wooden cutting board.

This recipe is inspired by Lantern, a restaurant in Chapel Hill, N.C., where I worked for several years. Typically, a soft-boiled egg would be placed on top, but I am squeamish about egg yolks (I know, I know).

1. Wash the asparagus and the shiitakes.
2. Cut off the stems of the asparagus and slice the spears diagonally into inch-long pieces.
3. Sauté the asparagus on medium heat along with the sesame oil for approximately 5 minutes.
4. Add the rinsed shiitake mushrooms, and sauté these vegetables together with the soy sauce and butter for approximately 10 minutes.

Serve as a side dish with friends or family who take as much pleasure savory vegetables as you do.